



Pork and Bok Choy Stir Fry (AIP)

Active Time: 5 minutes | Total Time: 15 minutes | Serves: 1

Nutrition Information Per Serving

671.4 calories, 50.62 g carbohydrate, 17.81 g fiber, 32.81 g NET carbs, 72.67 g protein, 25.48 g fat

Ingredients

- 4 tsp(s) Coconut Secret Coconut Aminos
- 1 tsp fresh grated ginger
- 2 medium(s) green onions, sliced
- 1 clove garlic, sliced
- 8 ounce(s) organic pork tenderloin, cut into thin strips
- 1/4 cup(s) fresh squeezed orange juice
- 1 Tbsp coconut oil
- 2 head(s) organic bok choy, quartered

Preparation

1. Heat the oil in a wok or skillet to medium high heat.
2. Add the pork and cook until well browned. If using precooked pressure cooker pork, skip this step.
3. Remove from pan and add the green onions, garlic, and ginger.
4. Cook for 1 minute, stirring the whole time.
5. Add the bok choy and coconut aminos and cook until crisp tender.
6. Add the pork and orange juice, and continue cooking until juice is almost evaporated.

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